

Last Night I Sang To The Monster

It is my opinion that this book would not be appropriate reading material for high school students. The content is too descriptive and raw. Teachers could possibly pull excerpts from the book, and use them as part of a unit on chemical dependency. I also think some of Zach's reoccurring thoughts (words written on my heart, my feet take me there, and that wiggled me out) could be used for small group discussions in regards to building self- esteem.

I think this book would be good to use with college students obtaining a degree in psychology, counseling, social work, etc.

Goal: To gain knowledge from the experiences described through the characters in the book. An experience that for many college students would be unlike anything they have ever personally gone through or read about.

1. Students will choose a mental health issue from a list provided, research the topic, and share information obtained with the class.
2. Students will read the book outside of class over a two week period (4 classes).
3. Students will take notes while reading, bringing to class a topic for discussion over the chapters assigned. The topic of discussion can be a question, a thought, a revelation, an experience or a feeling which has surfaced from reading the book.
4. Students will write a two page paper about what they personally got out of reading the book. Papers are for instructor review only and will not be part of a class discussion.